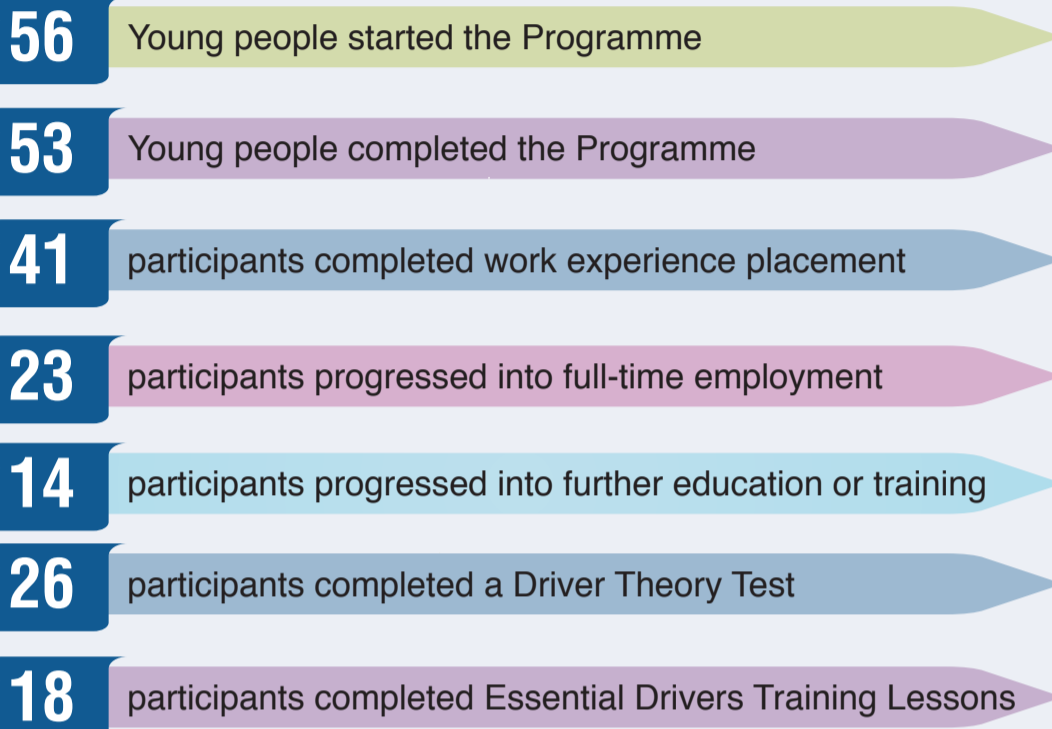


FOUNDATION 4 LIFE


A Transformative Life Skills, Education and Job Activation Programme for Young People

KEY OUTCOMES

KEY PROGRAMME OUTPUTS 2017-2019 (AS AT OCTOBER 2019)




SKILLS DEVELOPMENT OUTCOMES




JOB SKILLS

- Customer Services
- HACCP Training
- Manual Handling
- CV and Interview Preparation
- One-week Work Placement



LIFE SKILLS

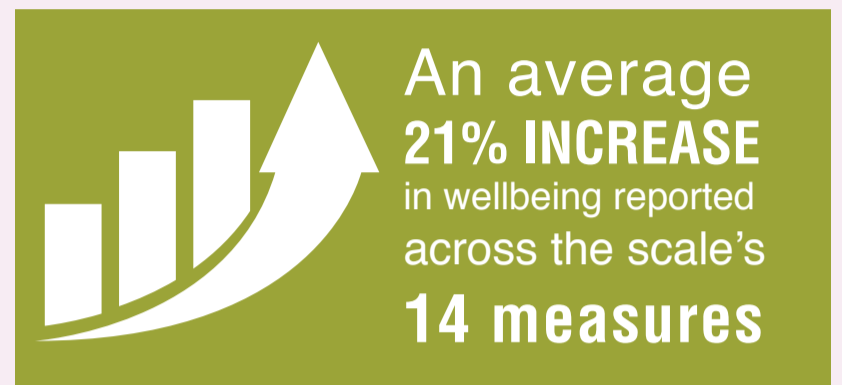
- Cookery
- Driver Theory
- First Aid
- Sleep Hygiene
- Sexual Health
- Drug Awareness
- Rights and Entitlements



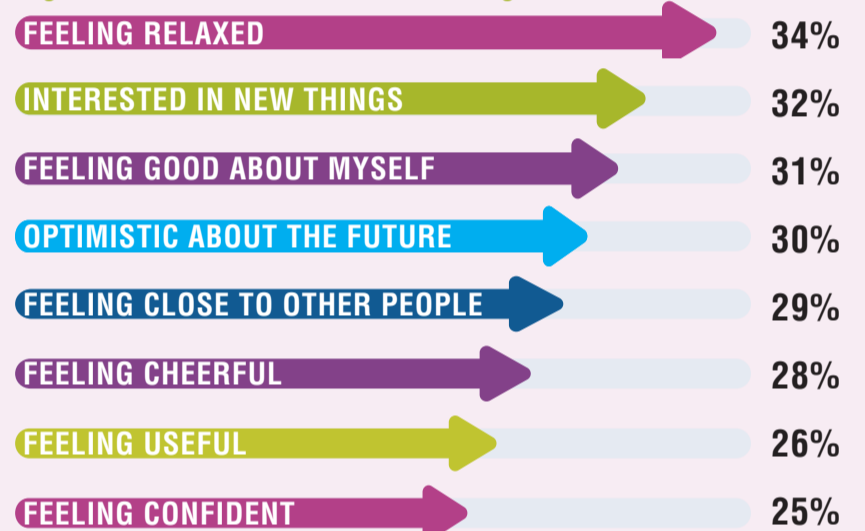
INTER-PERSONAL

- Leadership
- Communication
- Team-building
- Problem-solving

WELLBEING OUTCOMES



Significant increases in the following areas:



REPORTED ADDITIONAL IMPROVEMENTS IN PARTICIPANT WELLBEING

Increased motivation to progress onto education, training and employment
Enhanced emotional wellbeing, including self-esteem and sense of achievement
Reduced anxiety and feelings of stress
Improved social interaction, less social isolation, expanded friendships
More awareness of healthy lifestyles, including sleep, addiction and healthy eating
Broadening horizons, with a better awareness of opportunities
Enhanced participation in physical activities, music, arts and local community

95%

RETENTION RATE

Over the three-year pilot phase, F4L consistently engaged and retained hard-to-reach young people who had not previously been in employment, education or training. With a retention rate of 95%, F4L has demonstrated its capacity to engage meaningfully with hard-to-reach NEETs.

70%

PROGRESSION

A combined analysis of outcomes from 2017 - 2019 indicates that 70% of participants progressed onto either employment, education or training. In addition, the percentage of participants receiving a (non-disability) welfare payment from the Department of Employment Affairs and Social Protection fell by over 67% between 2017 and 2019

AWARDS & ACHIEVEMENTS

F4L was showcased at the HSE's Health Service Excellence Award (Category: Innovation in Service Delivery). Additionally, it was the inaugural winner of the Social Innovation Fund's (SIF) Innovators Circle and was selected for SIF's Engage and Educate Fund Accelerator Programme.

Thank you for everything each of you have done to help me get back on track

.....I have managed to get a full time job.... I don't think I would have gotten this job-without the help of you

I applied for a Social Studies Course, something I never thought I was capable of

I learned a lot and gained confidence

It improved my confidence a lot. It got me part-time work. I never really thought I would enjoy working

This programme is absolutely brilliant, between support, help, information and life skills. I am recommending it to everyone!!!

This programme is one of the best experiences I've had. The people that run it, in particular Pat & Catherine, have done an amazing job and it has been a pleasure to be a part of

Good, very helpful, met new people, new qualifications, work placement

We learned so many new skills to take through life, build confidence and a helping hand to gain work and courses.

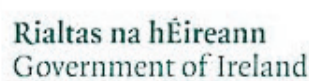
I feel that this programme has helped me with some of my social issues

..... help young adults break out of their shell and advance their skills towards getting jobs and/or courses

I'm delighted with how the programme went. It literally helped me improve my life drastically



Foundation 4 Life



Comhairle Contae Mhaigh Eo Mayo County Council